

## Directions to your seminar at Allen Carr's Easyway

The Hilton Brighton Metropole, Kings Road, Brighton, BN1 2FU

Telephone: 0208 944 7761 (bookings); 0808 145 3778 (hotel direct)

*If you have any last-minute issues with attendance over a weekend, please leave a message for the Allen Carr therapist at the hotel reception.*

### By Car

Take the M25 motorway to junction 7, sign-posted M23 (Brighton). Take the M23 southbound. The M23 becomes the A23 and takes you into Brighton town centre. Follow the signs for the seafront, the hotel is situated on the A259 seafront road, close to the West Pier.

Parking at the hotel is £15 for up to 6 hours but there is alternative NCP parking nearby -

<https://www.ncp.co.uk/find-a-car-park/car-parks/brighton-centre-russell-road/>

### By Train

BY BRITISH RAIL to Brighton Railway Station

Less than 1 Mile to hotel

Taxi fee from train station £5.00

